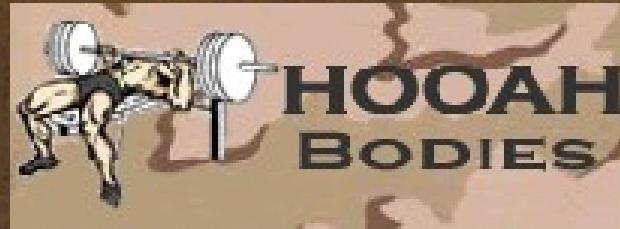


Ultimate Warrior Website on “My Medical” of AKO



**Two Private Communities;
Weigh to Stay and
HOOAH BODIES**



The “Weigh” To Stay Community



**United States Army
Nutrition & Weight Control Program**

Session 1

- I Identify reasons for maintaining an appropriate weight- Current AR 600-9**
- I Calculate Body Fat & BMI for daily caloric intake**
- I Identify Nutrition Basics & Myths**
- I Discuss hazards of fad diets & nutrition myths / Identify dangers of supplements**
- I Learn to read food labels (Nutrition Facts)**
- I Discuss the importance of exercise/physical activity**

Session 2

- Learn Meal Planning
 - Food Guide Pyramid
 - Individual Calorie Needs**
- Discuss Weight Loss Strategies**
- Introduce Behavior Modification**
- Address Hunger & Timing of Meals**
- Analyze Food & Activity Records**
- Meal planning based on daily schedules**

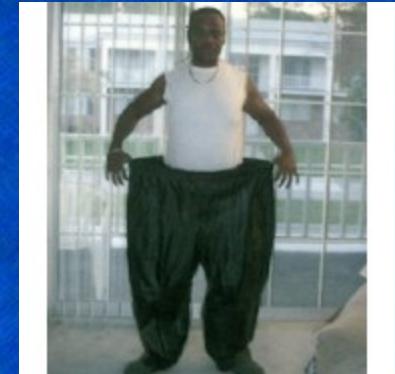
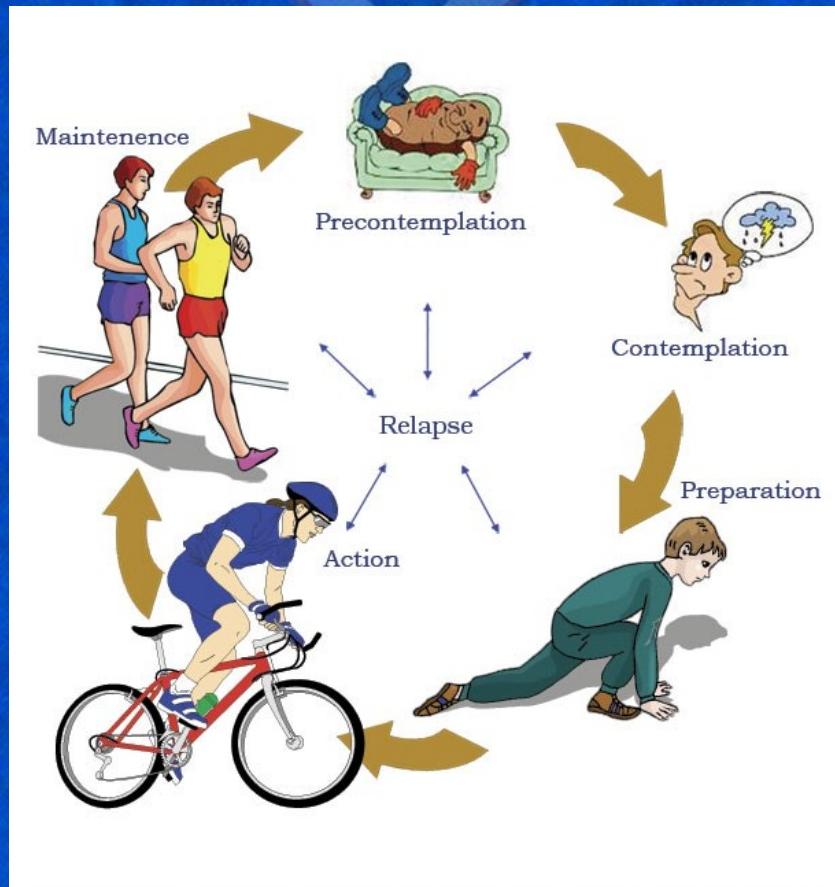
Session 3

- Understand Exercise Basics
 - Cardiorespiratory Fitness
 - Muscular Fitness
 - Flexibility
- Design an Effective Exercise Program
- Avoiding Injuries/ Discussion of exercise Myths
- Setting Fitness & Nutrition Goals



Session 4

Behavior Change Strategies



HOOAH BODIES



Sports Nutrition, Dietary Supplements,
Endurance Training, Body Building



Join the Ultimate Warrior Website Private

Log on to AKO - go to My Medical - go to Weigh to Stay Program:

DD Form 2870

Preliminary Data Collection Form

Soldiers must print, complete and fax these forms to:

LTC Jaghab, USACHPPM

Phone (410) 436-8856, FAX 436-7381, DSN 584-

Weigh to Stay classes will commence on 15 Nov 06

HOOAH BODIES Registration is currently being constructed for a 30 November 06 start date.

SEPARATE REGISTRATIONS ARE NEEDED FOR EACH COMMUNITY

- Conclusion
- The program's success will change AR 600-9 policy, while increasing Soldier readiness and supporting the President's E-Health Initiative.

